

Wolf Pack WARRIOR

Vol. 18, No. 44 8th Fighter Wing, Kunsan Air Base, Republic of Korea Dec. 5, 2003



Twins share Air Force careers and stay together

See pages 6 and 7

NEWS BRIEFS

Roche discusses Air Force future

Citing the ability to adapt as the greatest change for the Air Force, the secretary of the Air Force thanked airmen for their involvement in operations Iraqi Freedom and Enduring Freedom during a visit at Spangdahlem Air Base, Germany Nov. 24. Secretary of the Air Force Dr. James Roche met with hundreds of wing airmen to answer questions about the Air Force's future, from air and space expeditionary force rotations to the new uniforms. He also discussed specific technological strides the Air Force is taking.



Photo by Staff Sgt. Suzanne M. Jenkins

Over Afghanistan

A KC-135 Stratotanker refuels an F-16 Fighting Falcon Saturday that is supporting Operation Enduring Freedom. The F-16 is from the New York Air National Guard's 174th Fighter Wing at Syracuse.

Newspaper survey

The *Wolf Pack Warrior* staff is conducting a newspaper survey. A website link to the survey will be sent to all members of the 8th Fighter Wing Monday. The survey will take about five to 10 minutes. The last day to take the survey is Dec. 19. This survey will help the 8th FW Public Affairs Office ensure it meets the needs of its readers. The results of the survey will be published Jan. 9. Any changes resulting from this survey will also be unveiled at that time.

MyPay tax statements

Defense Finance and Accounting Service officials have compiled a schedule of dates when servicemembers, military retirees, annuitants and defense civilian employees can access their tax statements through myPay. Army, Air Force and Navy active-duty tax statements will be available Jan. 16 to 26. Military members and Department of Defense civilian employees will have access to view, save and print their tax statements from myPay at <https://mypay.dfas.mil>. For assistance, users can call myPay customer support at (800) 390-2348.



Photo by Senior Airman Araceli Alarcon

THUMBS UP: Fang, the Wolf Pack's mascot, greets Gen. Bill Begert, Pacific Air Forces commander, who returns a "thumbs up" sign outside the O'Malley Dining Facility. General Begert and his wife, Jody, served Thanksgiving dinner to airman and also ate with them Thanksgiving Day. General Begert and his wife have served Thanksgiving dinner to the Wolf Pack for three consecutive years.

General shares Thanksgiving, wisdom with Wolf Pack

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

Gen. Bill Begert, Pacific Air Forces commander, visited the Wolf Pack Thanksgiving Day to serve lunch to Wolf Pack members.

Although he was here for only a few hours, he said spending time with the Wolf Pack on Thanksgiving was something he and his wife, Jody, spoke about when he became PACAF commander.

"Thanksgiving is a time for family and friends, and this is the greater Air Force family," General Begert said.

General Begert shared his advice to airmen spending the holidays away from family and friends.

"The key is to stay busy and focused on the mission. Do your job every day and volunteer," he said. "Everyone is going to be lonely. Everyone is going to miss the states and their families. But you have a family here who cares about you."

General Begert said with the coming

holidays, one of the things PACAF is concerned about is suicide. When a PACAF member chooses to take his own life, the squadron commander will brief General Begert on the circumstances surrounding the death.

"Many of these tragedies were preventable," he said. "Most of the time the person tried to reach out for help, and either the friends, squadron mates and sometimes the command staff and chaplains didn't recognize the seriousness of the situation."

General Begert believes there are things every PACAF member can do to prevent suicide.

"Awareness, education and proactiveness are key. The rate is going down, but one is too many. The Wolf Pack has been very smart about this by having many programs in place, like applied suicide intervention skills training, to help prevent it from happening," he said.

General Begert also talked about another PACAF issue and what he is

doing to help PACAF overcome sexual assaults.

"I think the awareness program the Wolf has started here is the pace-setter for PACAF and the Air Force. It's to let people know the reality of the kind of situations they allow themselves to get into," the general said.

Gen. Begert said there are things Wolf Pack members can do to help PACAF battle sexual assault.

"Don't put yourself in that situation. Don't become a victim or the subject of an investigation. Be smart about the use of alcohol. There are, unfortunately, too many instances of it around the Air Force, in America, and in PACAF," the general said. "They are completely avoidable if people would just use good sense, especially when drinking. When the instances do happen, we need to investigate thoroughly, take care of the victim and prosecute to the maximum extent we can."

see GENERAL, page 4



Days to UCI
75

First-level supervisors: Key players in 'developing airmen'

By Senior Master Sgt. Gordon Fenley
8th Maintenance Squadron
Accessories Flight chief

"Developing airmen" is one of the core competencies fielded by Dr. James Roche, secretary of the Air Force. This notion cuts across many areas and functions, but I want to focus on the role of the first-level supervisor and how he can influence the process of developing our first-term airmen.

I can't count how many times I've heard first-level supervisors who are normally young staff and technical sergeants, use the phrase, "he's a slug" or "she's useless" to describe first-term airmen under their charge. My immediate response to them is, "What have you done to help them?" And I invariably get, "What do you mean what have I done?" Well here's what I mean.

As a first-level supervisor of a newly assigned first-term airman, your actions will determine whether or not that new airman will have a strong or weak foundation from which to grow and develop into a productive member of our Air Force team.

Through basic and technical school, the cornerstones of the new airman's foundation are set. When assigned as the supervisor of that new airman, you become integral to the completion of his or her foundation. The following are five things supervisors must consider to make that foundation strong.

First, conduct detailed, explicit and thorough feedback sessions. This is "your" opportunity to give the new airman "your" expectations of him or her.

Don't just tell them, "Stay out of trouble and you'll get a five" or "Good job ... keep it up." Yes, this still goes on. I recently sat in on an NCO development seminar and 50 percent of the students, senior airman through technical sergeant, said they get this kind of feedback.

If that new airman doesn't know what your expectations are, or what your standards are, how can you effectively evaluate them, hold them accountable or correct them when needed? To effectively provide this level of feedback takes time. They deserve it, and believe me, they desire it. Everyone wants to know what's expected of them, how they fit in and contribute to the unit, and how they measure up.

Second, be accessible. You must make yourself available to these new airmen. As they move through the difficulties of their first assignment, there will be lots of questions, concerns and confusion. That is especially true of an overseas remote assignment. Allow them to come to you for answers or help. And don't "cut them off at the knees when they do."

Their requests for help and assistance will not always come at the most opportune times. On many occasions, it will take extra time and effort to see to it they get the answers or help they need. They need to know they can trust you and you'll help when needed. And if you don't know the answer, you'll help them find who does. This trust is a key element to your effectiveness as their supervisor and leader.

Third, train effectively. Along with adapting to their first duty assignment,

with all of its stress and difficulties, the new airman must also continue their technical training and development.

The first step in training them effectively is to make the time to train. It can be difficult due to operations and mission tempo, but it is imperative we do this. And when training, train them right the first time. Explain and map out their technical development and all the things they can expect to come in contact with, such as field training courses, career development courses, five-level upgrade requirements, etc. And you as the supervisor must let them know they can expect your involvement every step of the way.

Earlier, I mentioned technical school as a cornerstone in their foundation. If we don't provide an effective training environment for that new airman, we immediately chip away at that cornerstone.

Fourth, set the example. Yes, we've all heard that "actions speak louder than words," but just because we hear it a lot doesn't weaken its validity. I mentioned trust as being a key part of your effectiveness as a supervisor and leader. You must hold yourself to the standards and expectations you provide during feedback sessions. When training a new airman to "do it by the book," they must see you "doing it by the book." These young airmen need to know you "practice what you preach." To say one thing, do another, and have them see you do it is a sure way to destroy any trust you've built up. Setting the example by your words and actions strengthens that trust and will give these airmen someone to

look up to and someone they will want to follow.

Fifth, and in my opinion the most important of these, is time. It is the common thread that runs through everything I've mentioned thus far. To accomplish the above you must be willing to spend time with these new airmen. All too often, we use the excuses "we're too busy" or "the workload doesn't allow." Using these excuses to get around conducting effective feedback sessions, proper training, being accessible, resolving problems, handling discipline issues, etc. will not allow you build that strong foundation.

Yes, everything mentioned above takes a considerable investment in time and effort on the supervisor's part. And on rare occasions, all of the effort in the world won't be enough for some. On the surface, it may sound like it's all done for the airman. But if you evaluate these items closely, that new airman will not be the only one getting a return on that investment ... you, the supervisor, will get the ultimate return. Your time and effort, invested correctly, will return to you an airman on a solid foundation. One that is well trained, knows the rules, understands your expectations, and is one you can count on to be a productive member of our Air Force team.

Gen. John Jumper, Air Force chief of staff, called these airmen "newly minted." And if you think about it, they are, and for the most part they come to us with their "luster" still in tact. If we don't take the time to be an effective supervisor and leader, we most certainly will tarnish that luster.

ACTION LINE 782-2004 action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

Where are you on your road map of life?

By Maj. Julie Travnicek-Burns
8th Logistics Readiness Squadron commander

Where are you on your road map of life? Or better yet, do you even have a road map? Do you know where you are going, and where you'd like to be in 10 years? What about 20? What exactly do you want to have accomplished by the time your obituary is published, anyway?

Those are pretty deep thoughts for so early in life. But just as our time at Kunsan ticks off day-by-day, so do the days of our lives.

It's easy to tell an airman with purpose from an aimless airman. The airman with purpose knows where he is going and how to get there. Or, to plagiarize the Wolf's guidance, he is making the Wolf Pack better, making himself better, taking care of his fellow airmen and maintaining Air Force standards. The aimless airman is closed up in his room "eating Ho-Hos and drinking Cokes," pulling "stupid airman tricks" — sorry, those don't get you on Letterman — and earning little more than their "I escaped from Kunsan" T-shirt while here.

Which one are you?

The good news is you can gain purpose. It's never too late. Start off big; literally, what do you want to have

accomplished in life? Marriage and children? A college degree? The rank of colonel or chief master sergeant? Then step back and break it down. Get out there and meet folks. Sign up for one class, today. Study for that stripe like you mean it. And smaller still, make one new friend. Read one more chapter in your textbook or Promotion Fitness Examination book before going to sleep. Just as Rome was not built in a day, your goals aren't going to be realized quickly either.

On the road map of life, you will without doubt encounter speed bumps, or even a concrete wall in the highway. Are you looking out for the signs? Have you made wrong turns and failed to correct them? Do you stop and check your map? Often your success is measured not just by what you encounter, but by how you recover. Without going into great length, accepting personal responsibility for your actions is a great first step!

The bottom line in all this is that you, and only you, are ultimately responsible for the success of your life. Or, as I sometimes advise people, "this is a you thing." You make the decisions, you live with the results, and you reap the benefits of long-term planning.

You alone have the power, and responsibility, to draw out your road map of life, and you owe it to yourself to do so.

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WOLF PACK WARRIOR
Vol. 18, No. 40

Defend the base
Accept follow-on forces
Take the fight North

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Submissions

Deadline for submissions to the WOLF PACK WARRIOR is noon Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

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We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	304	28
80th FS	312	38
8th FW	616	66s



Community standard

Equal Opportunity

It is our responsibility and duty to create and sustain an environment where each of us maintains the utmost respect for human dignity at all times. We simply will not tolerate any form of unlawful discrimination.

NATO pledges more troops for Afghanistan

By John D. Banusiewicz
American Forces Press Service

BRUSSELS, Belgium — Three NATO countries agreed Monday to send more troops to Afghanistan in the first morning of meetings among the alliance's defense ministers here.

Senior U.S. officials said because the countries' parliaments must first formalize the commitments, no announcement on the identity of the countries and their specific pledges was likely to occur during the two-day ministerial conference.

The first meeting of the day brought the defense ministers together with NATO Secretary General Lord Robertson. The meeting included what one official called "a good discussion of Afghanistan," as well as the importance of the alliance having "usable" forces organized and equipped to meet 21st-century threats.

Mr. Robertson has advocated expansion of NATO's contributions in Afghanistan beyond the capital city of Kabul with more provincial reconstruction teams operating in the country. Eventually, U.S. officials said, NATO might absorb U.S. Central Command's Operation Enduring Freedom in Afghanistan. They cautioned, however, that such a result would be a long way down the road if it were to happen at all, and the notion is in only the earliest stages of thought and discussion.

The meeting with Mr. Robertson also included preparation for the alliance's next summit

meeting, scheduled for May in Istanbul, and progress in NATO's efforts to streamline its command structure as it brings down its total number of commands from 20 to 11. As NATO's transformation continues, one official said, the alliance has seen more changes in the last two years than it had seen in the previous decade.

NATO's Nuclear Planning Committee met later in the morning, as the ministers discussed concern over the proliferation of nuclear weapons, most notably in North Korea and Iran. One official said no one in the meeting challenged the U.S. view that Iran's claim of needing nuclear power is a "thin and implausible" cover story for a nuclear weapons program.

Other Nuclear Planning Committee discussions included the need for more capability-based and deployable forces and how member countries can convert their forces and reinvest money earmarked for forces that aren't organized and equipped to handle 21st century threats, officials said. The ministers also talked about the NATO Response Force that became operational in October, how the alliance can improve its decision-making processes, and progress toward the alliance's goal of reducing its headquarters staff by 30 percent, a senior Defense Department official said.

The defense ministers' conference continues through Dec. 2.

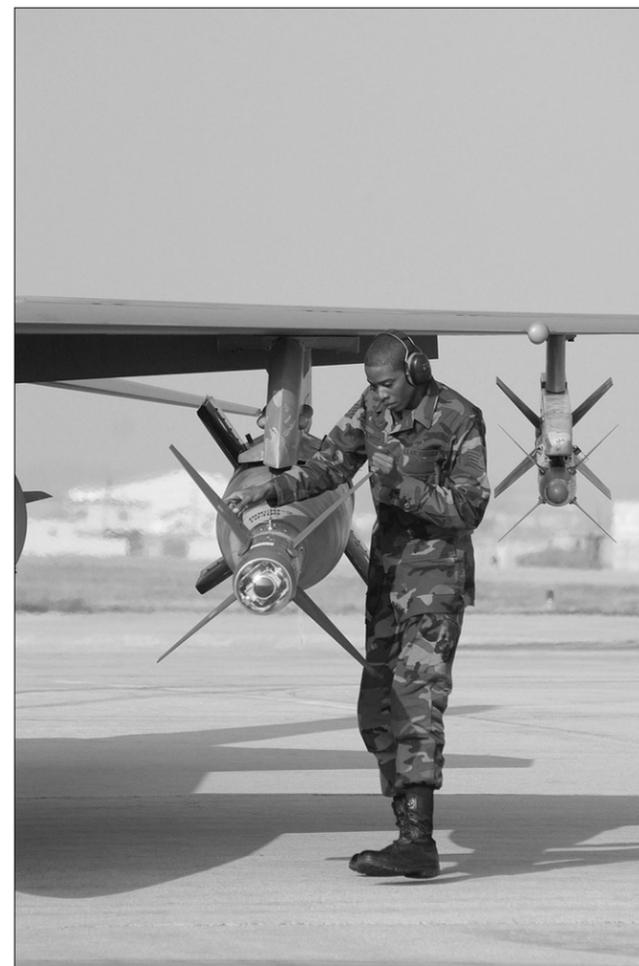


Photo by Senior Airman Cat Trombley

BOMBS AWAY: Staff Sgt. Torrence West, 8th Aircraft Maintenance Squadron, ensures the security of the guidance and control wing on a Guided Bomb Unit-24. The GBU-24s, a 2,000-pound bomb, were dropped by the 35th Fighter Squadron for the first time at Chick Do Range west of Kunsan Air Base Monday.

Trexler assumes command

By 2nd Lt. Renee Lee
51st Public Affairs

OSAN AIR BASE, South Korea — Lt. Gen. Garry Trexler assumed command of 7th Air Force in a ceremony here Nov. 26.

Gen. Bill Begert, Pacific Air Forces commander, presented General Trexler with the 7th Air Force command guidon in front of an audience that included general military officers, local civic leaders and members of Team Osan.

General Begert expressed his pride for the United States and Republic of Korea alliance and 7th Air Force. He emphasized that the 51st Fighter Wing "leads the charge" in leading the air defense on the peninsula. The 8th Fighter Wing, he said, stands to take the fight north.

The ROK allies are our great supporters and partners, he said, and General Trexler is the most combined experienced senior officer in the U.S. Air Force.

"The ROK-U.S. alliance has the most successful bilateral relationship in history," General Trexler said.

He praised the success of democracy in the ROK. The mission of 7th Air Force is to ensure and maintain the peace and prosperity on the peninsula and in Northeast Asia.

The mission is as grave today as any other mission, General Trexler said. If deterrence fails, 7th Air Force will fight tonight to win.

The general assured the people under his command they will continue to be the best-trained and ready personnel in the world.



Courtesy photo

Lt. Gen. Garry Trexler accepts the 7th Air Force command guidon from Gen. Bill Begert, Pacific Air Forces commander, Nov. 26 at Osan Air Base. Gen. Trexler replaces Lt. Gen. Lance Smith.

He told the command to continue to build on what it has accomplished and that it's important that forces have the resources to execute the mission. He told the airmen to also maximize your contributions to the joint and combined team.

"Each of us here is dedicated to something great than ourselves," he said in his concluding remarks. "We live by a code and fight for a great cause."

General Trexler replaces Lt. Gen. Lance Smith as 7th Air Force commander. General Trexler comes to Korea from PACAF, Hickam Air Force Base, Hawaii, where he was the major command director of air and space operations.

In addition to being the new 7th Air Force commander, General Trexler is also the deputy commander, United Nations Command Korea; and deputy commander, United States Forces Korea; commander, Air Component Command, Republic of Korea, U.S. Combined Forces Command.

Army suspends conditional promotions

School attendance mandatory

By Spc. Bill Putnam
Army News Service

WASHINGTON — All conditional promotions Armywide from sergeant to sergeant first class will be suspended until further notice after Jan. 1.

The new policy, dated Nov. 21, states soldiers must graduate from their respective noncommissioned officer education school before being considered for promotion. Sergeants must graduate from Primary Leadership Development Course to be considered for staff sergeant; staff sergeants must graduate from the Basic Noncommissioned Officer Course to be considered for sergeant first class; and sergeants first class must graduate from the Advanced Noncommissioned Officer Course for consideration to master sergeant.

"We always figured it would stop," said Sgt. Maj. Julian Edmondson, the personnel policy integrator at the Pentagon's G-1 staff. "It's hard enough to manage during peacetime. With a war it was a nightmare."

Currently there are 36,641 soldiers waiting for seats in the Army's various Noncommissioned Officer Education System schools, said Command Sgt. Maj. Lionel Parker, of the institutional training shop at the Army G-3 (Operations).

That breaks down into 15,373 sergeants, 13,367 staff sergeants and 7,901 sergeants first class waiting for that important step in their careers.

Command Sgt. Maj. Parker said the Army's operation staff is working out

details of a plan to train those soldiers waiting for school seats. That plan was announced Oct. 10 by Command Sgt. Maj. Parker and his staff at the Pentagon.

As it stands now, units tapped for deployment will send their soldiers to school before going and units coming back will send them afterward.

Retiring soldiers or those leaving the Army will depart the Army in their current rank regardless of their NCOES status.

The policy of conditionally promoting a soldier to the next rank started en masse around 1992, said Sgt. Maj. Edmondson. A scarcity of school seats because of congressional cutbacks on training funds penalized soldiers, he said.

Because the Army didn't want to punish soldiers for a lack of funds, the new policy was adopted, Sgt. Maj. Edmondson explained.

The intent was to make it a temporary policy with plans for a review, he said.

Unfortunately operations in Bosnia, Haiti, Somalia and eventually Kosovo interrupted that. Sending soldiers to a leadership course while deployed wasn't feasible, Sgt. Maj. Edmondson said.

A backlog of soldiers waiting to attend leadership courses after their deployments started to build. Deployments to Iraq and Afghanistan have added to the backlog.

Now the policy is "back to what it was" before 1992, said Sgt. Maj. Edmondson. The goal of the NCOES is to get a soldier ready for the next rank.

In Sgt. Maj. Edmondson's opinion, it's better to go to school to learn how to do their jobs prior to being promoted to the next rank.

Holiday hours

The following are the Army and Air Force Exchange and Defense Commissary Agency hours for the upcoming holidays.

Base exchange	Dec. 24 9 a.m. to 6 p.m. Dec. 25 Closed Dec. 31 9 a.m. to 6 p.m. Jan. 1 Closed
Clothing sales	Dec. 24 11 a.m. to 6 p.m. Dec. 25 Closed Dec. 31 11 a.m. to 6 p.m. Jan. 1 Closed
Filling station	Dec. 24 9 a.m. to 6 p.m. Dec. 25 Closed Dec. 31 9 a.m. to 6 p.m. Jan. 1 Closed
Special T's	Dec. 24 6:30 a.m. to 6 p.m. Dec. 25 Closed Dec. 26 6:30 a.m. to 6 p.m. Jan. 1 Closed
Anthony's Pizza	Dec. 24 10 a.m. to 6 p.m. Dec. 25 Closed Dec. 31 10 a.m. to 6 p.m. Jan. 1 Closed
Moble 1 and 2	Dec. 24 8 a.m. to 4 p.m. Dec. 25 Closed Dec. 31 8 a.m. to 4 p.m. Jan. 1 Closed
Flightline snack bar	Dec. 24 7:30 to 3 p.m. Dec. 25 Closed Dec. 31 7:30 to 3 p.m. Jan. 1 Closed
Burger King	Dec. 24 6:30 a.m. to 6 p.m. Dec. 25 Closed Dec. 31 6:30 a.m. to 6 p.m. Jan. 1 Closed
Taco Bell	Dec. 24 10 a.m. to 6 p.m. Dec. 25 Closed Dec. 31 10 a.m. to 6 p.m. Jan. 1 Closed
Mini mall	Dec. 25 10 a.m. to 5 p.m. Dec. 26 Closed Dec. 31 10 a.m. to 5 p.m. Jan. 1 Closed
Cyber Cafe	Dec. 24 10 a.m. to 5 p.m. Dec. 25 Closed Dec. 31 10 a.m. to 5 p.m. Jan. 1 Closed
Laundry shop	Dec. 24 10 a.m. to 5 p.m. Dec. 25 Closed Dec. 31 10 a.m. to 5 p.m. Jan. 1 Closed
Photo shop	Dec. 24 10 a.m. to 5 p.m. Dec. 25 Closed Dec. 31 10 a.m. to 5 p.m. Jan. 1 Closed
Theater	Regular hours
Taxi service	Dec. 24 6 a.m. to 2:30 a.m. Dec. 25 6 a.m. to 2:30 a.m. Dec. 31 6 a.m. to 2:30 a.m. Jan. 1 6 a.m. to 2:30 a.m.
Commissary	Dec. 22 9:30 a.m. to 5:30 p.m. Dec. 25 and 26 Closed

Information courtesy of Army and Air Force Exchange Service

Wolf Pack implements SAFE

By Capt. Krista Carlos
8th Fighter Wing Public Affairs

As part of a base-wide initiative to educate Wolf Pack members on sexual assault awareness, the 8th Fighter Wing commander has recently implemented the Sexual Assault Facts and Education program to highlight the importance of safety and prevention.

"The SAFE program was created in early 2003, but was officially implemented in July and is designed to help base members avoid potential sexual assault incidents," said the Wolf, Col. Robin Rand, 8th Fighter Wing commander.

"The program is a preventative one," said Capt. Danniell Hernandez, military equal opportunity chief. "The purpose of SAFE is to get word out about not only sexual assault, but what we can do to reduce the risks of it."

"What we do is try to teach folks what they can do to prevent themselves from becoming a victim," said Captain Hernandez. "We created a video called 'One night in Kunsan' that has several realistic scenarios that our people get into. We show it to folks as soon as they arrive at Kunsan at their in-processing brief. After the video, we go over some of the scenes and talk about what could have been done or should have been done to prevent the incidents, we basically 'what if' the video."

There have been other avenues used for spreading the word about sexual assault awareness, to include various briefings.

"The SAFE program was also initially briefed to a mixed audience [during commander's calls] and had some impact," said Col. Kimberly Slawinski, 8th Medical Group commander and senior female officer on base. "Sexual assault is a problem both the men and women of the Wolf Pack need to pay attention to. We decided that it needed further emphasis so we decided to hold male and female calls as a follow up so we could address different attitudes and issues for each gender."

Over the past calendar year, there have been seven reported sexual assault cases at Kunsan, and alcohol has been a primary factor.

"With one exception, every sexual assault case we have had at Kunsan has been alcohol related," said Col. Bill Coutts, 8th FW vice commander. "Face it, people do not make as good of decisions when they drink to excess and becomes intoxicated. One way to reduce the number of sexual assaults right now is to have folks limit their drinking so they do not lose control over themselves or the situation."

"So far, none of these assaults on Kunsan Air Base have been by unknown assailants on victims outside the dorms," said Colonel Slawinski. "The assaults here have been by a date or acquaintance or through an unlocked door. In nearly every case, one or both persons involved had been drinking too much alcohol."

"Kunsan does not lead the Air Force in reported sexual assaults, but it is a small community, so it is

GENERAL, continued from page 1

As Wolf Pack members already know with the new fitness standards established by Gen. John Jumper, chief of staff of the Air Force, fitness is a high priority for the general. Phrases such as "Fit to Fight" and programs like FitLinxx are all PACAF initiatives.

"My number one priority is readiness, and fitness is a part of that. If the force is fit, then they are ready to fight. We want to make it easy for people to work out. We are building new fitness centers, like the one here that will open in approximately six months. We are buying new gym equipment. We want people to understand how being fit is important not only to their personal lives, but to their professional lives. PACAF is leading the Air Force in this, and if you look at the FitLinxx reports, the Wolf Pack is leading PACAF."

General Begert also said a special project is in the works for Kunsan.

"We are looking at putting some running paths around the base that I think will be the model for the Air Force," he said.

Rape fact vs. fiction

Rape is no big deal.

Fact: Rape has a devastating effect on its victims. Nearly one-third of all rape victims will have rape-related post traumatic stress disorder.

Real rapes are only committed by strangers.

Fact: As many as four out of five victims will know their attacker.

Women who are raped are just asking for trouble.

Fact: No one, ever, deserves to be raped. Victims cannot suffer the blame for the actions another person uses against them.

Unless a weapon is used, it isn't rape.

Fact: Any time someone uses force with intercourse, it is rape. The force may include weapons, intimidation, drugs, alcohol, or a victim's own diminished mental capacity.

If he bought dinner she "owes" him sex.

Fact: No one "owes" sex for anything.

If a woman doesn't fight against her attack it isn't really rape.

Fact: Any sex act forced against another person is rape. It doesn't matter if the victim is able to fight back or not.

Women cry rape because they had sex and changed their minds.

Fact: Rape is the most underreported crime in the country. Only 16 percent are ever reported to the police.

Information courtesy of HopeForTheHealing.org

felt acutely," she said. "Dealing with these assaults is a top priority, but it takes a lot of time by agencies that have other critical responsibilities requiring their limited resources."

In addition to being educated on the SAFE program, the 8th Fighter Wing leadership has some tips to help members prevent themselves from becoming a victim of sexual assault.

"Alcohol is a main factor in every assault here so the key is to drink responsibly," said Captain Hernandez. "We don't want folks to be afraid of Kunsan, so if something happens to someone, they need to report it, don't be afraid."

"If you are planning to go out for a night of drinking, make sure you go out and stay with a buddy wingman, someone who is sober and can help if things get out of hand," said Colonel Coutts. "Do not drink so much that you lose control over yourself or the situation you are in. Before going back to someone's room, make sure you know who they are and if they can be trusted. Finally, remember 'no' means 'no' every time."

"If you have been assaulted, call for help immediately, do not clean up anything including yourself," said Colonel Slawinski. "Do not destroy evidence that will help identify and convict the perpetrator. In the aftermath, please make sure you talk it through with a counselor, either through the chaplain's office or life skills."

For more information about the SAFE program, call the MEO office at 782-4053.

General Begert also added his thoughts on serving in the world's greatest Air Force.

"People coming in today are more prepared than I was in the 1960s. They have a whole world of opportunity. They have the privilege of serving something bigger than themselves. At the end of an Air Force career, whether five years or 35, you can look at yourself in the mirror and know you tried to do something important and make a difference in the world," he said.

The general couldn't leave and head for home without singing the Wolf Pack's praises one more time.

"I am proud of the Wolf Pack, the job you do, and the way you lead PACAF and the Air Force in so many different areas. If I could bottle the spirit, friendship and caring of the Wolf Pack and distribute it to the Air Force, we would have a better Air Force," he said. "My wife and I appreciate your service and wish you and your families a very prosperous and safe New Year."

WOLF PACK Crime Watch

Nov. 24:

Fire response — A senior airman from fire control called the security forces control center and said the fire alarm was going off in building 802. A patrolman was briefed and dispatched. Low air was the cause of the alarm going off.

Fire response — An anonymous caller telephoned the SFCC and said a fire alarm was going off in dormitory 1264. Patrolmen were briefed and dispatched. An investigation revealed an Army sergeant first class was cooking in his room and accidentally left his stove on after receiving a call from emergency room.

Nov. 25:

Patrol response — A senior airman with fire control called the SFCC and requested a patrol to assist with a fuel spill at building 843. A patrolman was briefed and dispatched.

Theft of government property — A civilian called to report a missing generator from behind building 1506. The last time the generator was seen was Nov. 23.

Nov. 26:

Lost property — A senior airman entered the SFCC and said he'd lost his black law enforcement gear and attachments. He couldn't recall the last time he'd seen this gear.

Lost property — A technical sergeant entered the SFCC and said he'd lost his wallet. He said the last time he saw the wallet it was on a dining tray at the O'Malley Inn Dining Facility.

Damage to private property — A Korean national called the SFCC and said there was damage to his vehicle. He said he was driving in front of building 1102 when the vehicle was hit by a golf ball. Both parties agreed to a private settlement.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 1512. A patrolman was briefed and dispatched. The patrolman made contact with an airman first class and briefed her of the 24-hour noise discipline.

Nov. 27:

Fire response — An airman first class from fire control called the SFCC and said there was a report of smoke

coming from dormitory 1402's boiler room. Fire response was initiated. A patrolman was briefed and dispatched.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from dormitory 1418. Patrolmen were briefed and dispatched. The patrolmen made contact with a staff sergeant and briefed him on the 24-hour noise discipline.

Vehicle accident — A technical sergeant radioed the SFCC about an accident on West 5th Street next to building 1108. A patrolman was briefed and dispatched. The investigation revealed both drivers were at fault. Damage to vehicle one consisted of a scrape on the left bumper and vehicle two had a broken lens on the front headlight. Medical personnel also responded.

Fire response — A senior airman called the SFCC and said the fire alarm in dormitory 614 was going off. Patrolmen were briefed and dispatched. An investigation revealed the fire alarm had been pulled.

Article 134, Disorderly conduct, drunkenness — An airman first class patrolman responding to a fire alarm at dormitory 614 saw a senior airman urinating outside of the building. The patrolman apprehended him and took him to building 590.

Damage to government property — An airman called the SFCC and said a fire extinguisher had been discharged on the first floor hallway of dormitory 616. A patrolman was briefed and dispatched. The airman said he'd seen an airman first class and another male in the hallway, who was identified by the airman first class as having discharged the extinguisher.

Fire response — A senior airman with fire control called the SFCC and said there was a fire alarm going off in building 1303. Patrolmen were briefed and dispatched. An investigation revealed a malfunction caused the alarm to go off.

Fire response — A senior airman with fire control called the SFCC and said there was a fire alarm going off in building 110. Patrolmen were briefed and dispatched. An investigation revealed a malfunction caused the alarm to go off.

Article 134, Debt, dishonorably failing to pay — An airman first class called the SFCC and said a senior airman had taken a taxi from Incheon Airport to Kunsan Air Base and did not have enough personal checks to pay for the transportation. A patrolman was briefed and dispatched. The senior airman was taken to building 590.

Nov. 28:

Damage to private property — A senior master sergeant called the SFCC and said a senior airman had broken a window at the Cocktail Lounge in America Town. Patrolmen were briefed and dispatched. A private settlement was made between the senior airman and the estab-

lishment's owner.

Fire response — A senior airman called the SFCC and said there were sparks coming from a transformer on the electrical pole near dormitory 616. A patrolman was briefed and dispatched. The fire department was also notified and responded. A senior airman from the 8th Civil Engineer Squadron responded as well to fix the transformer.

Article 128, Assault/mutual affray — An airman called the SFCC and said there was fight at the Loring Club. Patrolmen were briefed and dispatched. A patrolman made contact with the airman who identified a senior airman involved in the alleged fight. An anonymous person gave a description of the second person, an Army private, who was picked up after a sweep of the area was done. Both the senior airman and private were taken to building 590.

Article 92, Failure to obey an order or regulation — An airman called the SFCC and said there was a possible fight outside the Loring Club. Patrolmen were briefed and responded. They arrived and said there was no fight. A patrolman conducted a walk through of the club and was approached by a staff sergeant who said an Army private had been told earlier that night by the club's manager to leave the club and had disobeyed the order by returning. The private was taken to building 590.

Loud noise complaint — An anonymous caller telephoned the SFCC and said there was loud noise coming from building 1430. Patrolmen were briefed and dispatched. Patrolmen made contact with a staff sergeant and briefed him about the 24-hour noise discipline.

Nov. 29:

Patrol response — A senior airman from fire control called the SFCC and requested assistance clearing building 1511 due to an alarm activation. Patrolmen were briefed and dispatched. The cause of the alarm was unknown.

Medical response — A technical sergeant called 911 and said there was a medical emergency at building 1262. Fire, medical, and security forces patrolmen were briefed and dispatched. When the patrols arrived, they made contact with the technical sergeant and a first lieutenant. The lieutenant was taken to the clinic where he refused medical treatment and fled. Patrolmen initiated a search and two members of the Wolf Patrol made contact with the lieutenant in dormitory 346. The lieutenant again refused medical treatment but was taken to the clinic by medical personnel for treatment of a 1.5 inch laceration to his chin.

Nov. 30:

Nothing to report

Courtesy of the 8th Security Forces Squadron

Letters from Santa

EIELSON AIR FORCE BASE, Alaska — Combat weather flight airmen here will once again help Santa send out thousands of signed, North Pole-postmarked letters to children worldwide.

The Santa's Mailbag program started in 1954 by 58th Weather Reconnaissance Squadron airmen, and has been carried on by those of the 354th Operations Support Squadron.

Each year, the unit receives thousands of Dear Santa Claus letters and Christmas-wish lists. Volunteers in the 15-person unit sort and read the letters, select an appropriate reply from Santa Claus, and mail the letters with an official North Pole postmark.

"Last year, we received about 3,000 letters," said Capt. Thomas Crenshaw, combat weather flight chief.

The volunteers will continue to process letters through Christmas. The flight must receive letters to Santa by mid-December to ensure a reply before Christmas. Children whose letters arrive too late will get a special "after Christmas" letter from Santa.

Children can write to Santa at:
Santa's Mailbag
354th OSS/OSW
2827 Flightline Ave. Suite 100B
Eielson AFB AK 99702-1520

There is no cost for the letters, but self-addressed stamped envelopes or donations to help defray the cost of postage are accepted.



OF THE PRIDE PACK

Job: 1/43rd Air Defense Artillery Echo Battery Patriot Missile crew member

Duties: Primary trainer for March Order and emplacement crews

Hometown: San Jose, Calif.

Follow-on: Fort Bliss, Texas

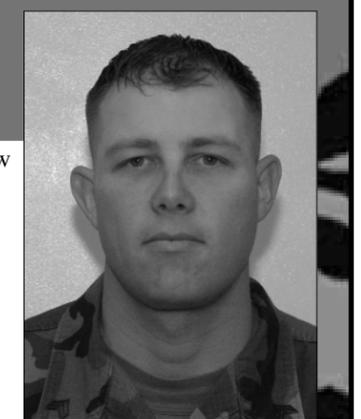
Hobbies: Wrestling and football

Favorite music: R&B

Last good movie you saw: "Gothica"

Best thing you've done at Kunsan: I volunteered for Army colorguard.

"Sgt. Robertson is so dedicated to his job, he often sacrifices his free time to ensure his soldiers' training meets high standards. He has consistently excelled on his own crew drill certifying with first time scores above 90 percent on all evaluations. He also has forgone days off to oversee the training of his soldiers so they meet his standards on their crew drills. He leads from the front by demanding his soldiers meet his standards, which excel those demanded by the Army. Sgt. Robertson excels because he ensures his soldiers are trained to perform Echo Battery's mission at any time, under any condition. His Patriot knowledge coupled with his desire to teach soldiers what he has learned make him a prime candidate for the Army warrant officer corps, which he has applied to propel his career progression. Sgt. Robertson takes on additional duties of increased importance for Echo Battery. He currently serves as the battery reconnaissance, selection and occupation of position. Without Sgt. Robertson, Echo Battery would not be as successful as it has been in performing its mission. He is a role model for his soldiers, for his peers and for the officers of Echo Battery. He is the pride of Echo Battery, and no one could be more deserving than Sgt. Robertson for Pride of the Pack."



**Army Sgt.
Jerrett Robertson**

Army Capt. Frank Jefferson
1/43rd Air Defense Artillery Echo Battery commander

Integrity ★ Service ★ Excellence

Two of a kind: Twins s

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

Being stationed at Kunsan can be a hard tour, being away from family and loved ones. But for two Wolf Pack members, the tour is a little easier knowing their twin sister is by their side.

Airmen 1st Class Natalie and Nicole Whitten, 8th Mission Support Squadron, have had their whole Air Force career, thus far, by each other's side.

"They came in under a buddy system, but it only guaranteed them to stay together through basic military training; after that, they filled out their dream sheets and the system worked," said Master Sgt. Joseph Fitzgerald, 8th MSS first sergeant and a former recruiter.

After basic training, both girls were sent to Altus Air Force Base, Okla., after swapping assignments in technical training. They both received orders to Kunsan with the same report no later than date

and both received a follow-on assignment to Kadena Air Base, Japan.

"We both decided to join the Air Force when we were in high school. I was not ready for college," Natalie said.

"We also did not want our parents to pay for our college. We have other family members in the military, so it was always an option," Nicole said.

Staying together is something the twins would like to do throughout their military career, so they both learned to use the assignment system and left the rest in God's hands.

"We updated our dream sheet at the same time to get orders here; then we prayed," said Natalie. "My most memorable moment was when we found out we were coming to Korea together and that we both had Kadena as a follow-on."

"We have been together our whole lives and we don't plan on changing that any time soon," Nicole said.

As one can imagine, having a best

friend every step of the way who knows the job and frustrations can be a valuable asset.

"In Warrior Week, Natalie was trying to give up, but I would not let her. When we completed the confidence course together, we laughed because normally it's Natalie telling me not to give up," Nicole said.

The twins said even though they work, play and live together, there are no sibling rivalries.

"We may act like there is a rivalry, but we are just happy for each other. (When Natalie won Airman of the Quarter at Altus) I would just tell her they put the wrong name on the award so they had to give it to her," Nicole said.

"We always congratulate one another, no matter what," Natalie said. "All I have ever known is to live, work and play with my sister."

Both girls said it has been a great experience to be able to share their Air Force careers with each other.

"We argue, laugh and cry together, so even though we miss our family, its like being at home," Nicole said.

The twins will be promoted together to senior airman Dec. 22.

"Its very special that we are going to be promoted together. Hopefully, that will happen for the rest of our career," Natalie said.

In true sisterly fashion, Nicole looks forward to the promotion too.

"This means she will give me more money," she said.

Both girls can't wait to see what else the Air Force brings for both of them, but one thing is for sure, they count their days together in the Air Force as a blessing.

"My sister is my life. We are very close, and I don't know what I would do without her by my side," Natalie said. "It has been a true blessing to be stationed together at our last base, here, and to know we are going to our next assignment together."



Photo by Senior Airman Cat Trombley

TWINS: Airmen 1st Class Nicole, (left) and Natalie (right), Whitten, 8th Mission Support Squadron, talk to each other in the military personnel flight customer service office. The twins joined the Air Force under a buddy system that guaranteed they would be together through basic military training. They were both assigned to Altus Air Base, Okla., before coming to Kunsan. Their follow-on is to Kadena Air Base, Japan.

Share Air Force career



Photo by Senior Airman Cat Trombley

WORK, LIVE, PLAY: Airman 1st Class Natalie Whitten, answers a customer's question concerning a performance report. Natalie works in the military personnel flight evaluations section.



Photo by Senior Airman Cat Trombley

CUSTOMER SERVICE: Airman 1st Class Nicole Whitten, helps a customer on the phone. Nicole works in the military personnel flight in customer service.



Courtesy Photo

BABY NATALIE: Airman 1st Class Natalie Whitten at 3 years old. The twins have been in the Air Force for more than two years and will be promoted together to senior airman Dec. 22.



Courtesy photo

BABY NICOLE: Airman 1st Class Nicole Whitten at 3 years old. The twins have been together since the beginning of their Air Force career, something they said "is a real blessing."

7 DAYS

Friday

Free food night The Loring Club offers barbecue chicken 6 to 9 p.m. for club members.

First Friday The Loring Club's theme for First Friday is Tool Time, so bring a tool. Prizes will be awarded for the biggest and smallest tools. There is also a spades tournament. To sign up a team for the tournament, e-mail 1st Lt. William Dexter, 8th Aircraft Maintenance Squadron, at william.dexter@kunsan.af.mil.

Howlin' Bowl The Yellow Sea Bowling Center offers Howlin' Bowl starting at 6 p.m. The cost is \$6 per person.

Midnight breakfast The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

Karaoke The Falcon Community Center offers karaoke 8 p.m. to midnight.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 6 p.m. Buses depart Osan at 6 and 10 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Saturday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 and 10 a.m. Buses depart Osan at noon and 4 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Midnight breakfast The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

Country night The Loring Club has a

Country night in the ballroom. Country dance lessons begin at 7:30 p.m.

Chapel decoration The chapel is looking for volunteers to help decorate the chapel starting at 10 a.m. Decorations and hot chocolate will be provided. For more information or to volunteer, call Chaplain (Lt. Col.) Ronald Underwood, 8th Fighter Wing chaplain, at 782-4300.

Spades tournament The Falcon Community Center has a spades tournament at 2 p.m. The winners receives a phone card.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 and 4 p.m. Buses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Sunday

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch 10:30 a.m. to 1 p.m. The price is \$11.95 per person for club members.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. Buses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The buses depart the base at 10 a.m., noon, 2 and 4 p.m. Buses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Buses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Movie madness The Falcon Community Center offers a double feature movie madness at 6 p.m.

Tuesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Buses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.



Photo by Senior Airman Cat Trombley

SING, SING A SONG: Airman 1st Class Courtney Ruff, 8th Mission Support Squadron, sings "I Turn to You" during the base talent show Saturday at the Loring Club. Contestants could have their performance taped and submitted to the Air Force Services Agency Entertainment Branch for review and a chance to tour with *Tops In Blue*. First place went to Staff Sgt. Dana Christoffersen, 8th Comptroller Flight; second place went to Airman Erica Mathisen, 8th Aircraft Maintenance Squadron, and third place went to 1st Lt. Justin Secrest, 8th Security Forces Squadron.

Darts 301 The Falcon Community Center has a darts 301 tournament at 7 p.m. The winner receives a phone card.

Ornament painting The skills development center offers a holiday ornament painting workshop at 5 p.m.

Football Frenzy The Loring Club offers Monday night football at 6:30 p.m. in the enlisted lounge.

Discount bowling The Yellow Sea Bowling Center offers discount bowling. Each game is \$1 and shoe rental is free.

Wednesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Buses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$11.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Free food The Loring Club offers club members a taco bar 6 to 9 p.m.

Karaoke The Falcon Community Center offers karaoke 8 p.m. to midnight.

Thursday

Photo club The photo club meets at 8 p.m. in the Falcon Community Center. For more information on the club, call 782-4619.

Fishing outlets The Falcon Community Center offers a trip to fishing rod and reel outlets Saturday. The bus departs at 7 a.m. and returns at 7 p.m. Sign up by today. The cost is \$20/\$16.

Mount Mai, Tap-Sa Temple and Ginseng Market The Falcon Community Center offers a trip to Mount Mai Provincial Park east of Chonju City. There are more than 80 stone-piled pagodas, ranging in heights of up to 10 meters. The bus departs at 8 a.m. and returns at 4 p.m. Sign up by today. The cost is \$20/\$16.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. Buses depart Osan at noon and 6 p.m. Tickets are \$12.50 for general Wolf Pack members or \$10.50 for special consideration of airman morale one way, and \$25 or \$23 round trip.

Submit events for 7-Days by sending an e-mail to wolffpackwarrior@kunsan.af.mil. Submissions must include time, date, place, point of contact and phone number.

MOVIES

Saturday

"The Rundown" (PG-13) 7 and 9:30 p.m.

Sunday

"School of Rock" (PG-13) Starring Jack Black and Mike Myers. 6 and 8:30 p.m.

Tuesday

"Duplex" (PG-13) Starring Ben Stiller and Drew Barrymore. 8 p.m.

Wednesday

"Out of Time" (PG-13) Starring Denzel Washington and Eva Mendes. 8 p.m.

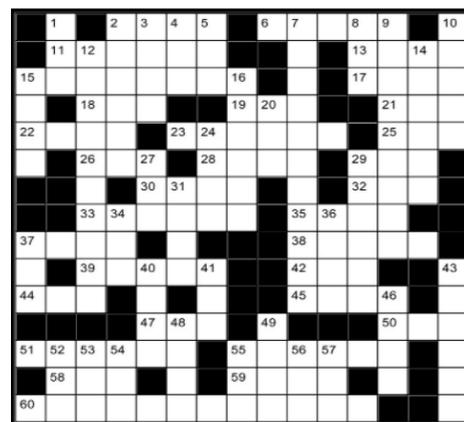
Thursday

"Out of Time" (PG-13) 8 p.m.



Today

"The Rundown" (PG-13) Starring Dwayne Johnson and Seann William Scott. 7 and 9:30 p.m.



- DOWN**
- Superman's nemesis
 - Money in coin
 - Sea eagle
 - Top
 - Dined
 - C-17
 - Actress Lupino
 - F-117
 - Sadlier novel, _____ Conway: or The Irish Girl in America
 - C-141
 - Lea
 - Fashionable magazine
 - Brazilian who opened country interior; Candido
 - FedEx rival
 - Clothing spot
 - Greek nymph
 - Breath
 - Installs
 - Shrub tree
 - By memory
 - Galloped
 - C-5
 - Do _____ others
 - Capital of Norway
 - Gyrate
 - Picnic pest
 - Country between Ned. and Pol.
 - Actress Thompson
 - AF lawyer
 - Bother
 - Bread type
 - Record company
 - Prefix meaning "air"

Flying into the blue

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

- ACROSS**
- cheese
 - Actress Ward
 - Florida AFB home to 33rd FW; a/c tail marking of EG
 - _____ de corps; service pride and loyalty
 - U.S. currency coin
 - KC-10
 - Periods
 - Fighter pilot expert
 - Sphere
 - Owens
 - Actress Petty
 - B-1B
 - Temp. military duty
 - Headed
 - Type of
 - Comedian Margaret
 - Champion
 - Rule
 - F-16
 - Ponderous
 - Abominable snowman
 - Duties
 - Mistake
 - See
 - Combat
 - abcd...jklm....?
 - ???
 - 2,000 lbs
 - Zero
 - F-15s
 - B-2
 - Formerly
 - Peers; as in court
 - KC-135

Education

CLEP tests The base education and training office will provide CLEP testing on the following days beginning in January. CLEP, DANTES and EXCELSIOR tests Monday and Friday at 8 a.m. This test won't be offered the last Friday of the month. Career Development Course testing Tuesdays at 2 p.m. and Thursday at 9 a.m. ACT, SAT and any other test not mentioned are offered the last Friday of the month at 8 a.m. Testing is in building 1053, room 3. For more information, call Earl Gassery at 782-5148. To make an appointment to test, call 782-5148 or 782-7291.

Test removal The base education and training office has withdrawn the following general CLEP tests: Natural Science, College Mathematics, English Composition, Principles of Accounting, College Level Spanish Language, History of the U.S. I, and History of the U.S. II. For more information, call Early Gassery at 782-4158.

CDC testing Career Development Course testing is Thursdays at 9 a.m. in building 1053, room 3. Unit training managers must make appointments for testing.

class Thursday 10 a.m. to noon in building 755, room 215. For more information or to register, call 782-5644.

Volunteer Opportunities

Sonlight Inn The Sonlight Inn is looking for units to volunteer for Friday meals through the end of the year. If interested or for more information, call Staff Sgt. Sonya Muntz at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors will receive training. For more information, call 782-4562.

Korean orphanage Wolf Pack members interested in volunteering at the local Kae Chong Orphanage should meet in the military personnel flight parking lot Thursdays at 6:15 p.m. Transportation is provided. For more information, e-mail or call Airman Nathan Biles at 782-5960.

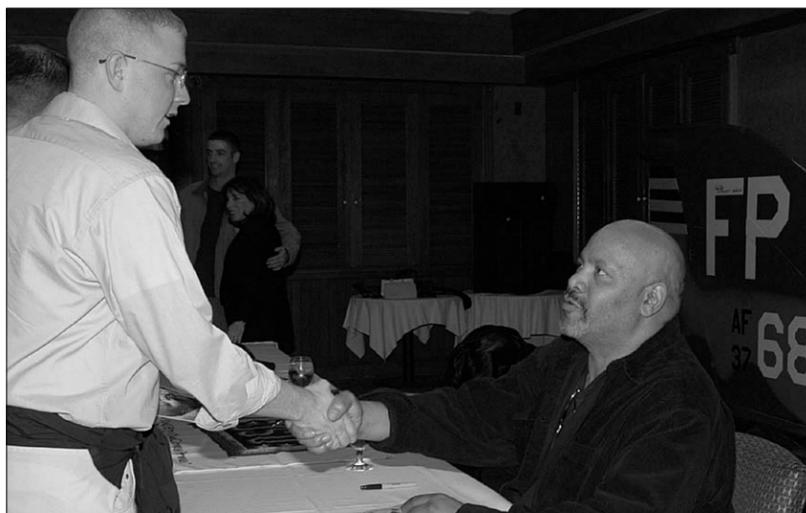


Photo by Senior Airman Cat Trombley

NICE TO MEET YOU: James Avery, from the television show *Fresh Prince of Bel Air*, shakes hands with Senior Airman Brad Steffens, 8th Logistics Readiness Squadron, during a visit to the Wolf Pack Nov. 27. Mr. Avery and Kate Linder, from *Young and the Restless*, were here for an autograph and photograph session at the Loring Club.

Meetings

AFSA The Air Force Sergeants Association meets the second Tuesday of each month at 4 p.m. in the Loring Club Officers' Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet the second Wednesday of each month at 3 p.m. at the Loring Club.

Top 3 The Kunsan Top 3 meets the second Wednesday of each month at 4 p.m. at the Loring Club.

Airman's Advisory Council The Airman's Advisory Council meets the last Tuesday of the month at 3 p.m. in the Loring Club Officers' Lounge. All airmen, E-1 to E-4, are invited to attend.

FSC

Return, reunion The family support center offers a return and reunion briefing Tuesday 3:30 to 4 p.m. in the chapel sanctuary. No registration is required.

Sponsor training The family support center offers sponsor training Wednesday 10 to 11 a.m. at the Sonlight Inn. For more information or to register, call 782-5644.

Filipino cooking class The family support center offers a Filipino cooking class Wednesday 11:30 a.m. to 1 p.m. at the Sonlight Inn. For more information or to register, call 782-5644.

Korean language class The family support center offers a Korean language

Chapel

Latter-Day Saint Services are Sundays at 3:30 p.m. at the chapel.

Catholic services Mass is Saturdays at 5:30 p.m., Sundays at 9 a.m., and Mondays and every Wednesday through Friday at 11:30 a.m. at the chapel. Catholic Reconciliation is by appointment, Saturdays at 4:30 p.m. and Sundays at 6 p.m. R.C.I.A. is Wednesdays at 7 p.m. in the chapel conference room.

Protestant services General Protestant worship service is Sundays at 11 a.m. and the contemporary praise and worship service and Bible study is Wednesdays at 6 p.m. Both services are conducted in the chapel.

Gospel Gospel services are Sundays at 1 p.m. and the inspirational praise and worship service is Fridays at 7:30 p.m. at the chapel.

Sonlight Inn hours The Sonlight Inn is open every Sunday through Thursday from 6 to 10 p.m. Fridays from 6 p.m. to midnight, and Saturdays from 6:30 a.m. to midnight.

Prayer and Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

Men's Bible study Sundays at 5 p.m. at the Sonlight Inn, room 2.

Gospel Bible study Sundays at 11 a.m. at the Sonlight Inn, room 2.

Women's Bible study and fellowship Tuesdays at 6:30 p.m. at the Sonlight Inn, room 2.

Protestant Bible study Sundays at 9:45 a.m. at the Sonlight Inn, room 1.

Intercessory prayer Saturdays at 8:30 p.m. in the chapel conference room.

Miscellaneous

Airmen Professional Development An Airmen's Professional Development Course for airmen basic through senior airmen is Wednesday 7:30 a.m. to 4:30 p.m. in the first term airman's center located in building 1051. For more information, call Staff Sgt. Amy Perrault at 782-5730.

COT tours Consecutive overseas tour eligible members are authorized travel and transportation for leave, at government expense, between COT. Members may travel to their home of record or to any other point not to exceed the cost of travel to the home of record. For more information on COT entitlements and eligibility, visit the military personnel flight's outbound assignment's section. For travel arrangements, call the commercial travel office at 782-4052.

Equipment custodians It is mandatory for all replacement supply equipment custodians and bench stock monitors to receive training and be designated in writing by their commander 45 days before the current custodians PCS. For appointment letter samples, to schedule training, or for more information, call the 8th Logistics Readiness Squadron Customer Service Center for equipment, block III training at 782-5693; bench stock, block IIA training

at 782-5669; or to schedule training call 782-3082.

TMO appointment As soon as official PSC orders are received, stop by the traffic management office to schedule a briefing appointment to arrange property pickup. Appointments cannot be made over the phone.

Tax assistants The 8th Fighter Wing Legal Office is looking for 2003-2004 tax season volunteer income tax assistant representatives to provide tax assistance to other members of the Wolf Pack. For more information on being a VITA representative, call Staff Sgt. Hope Sims at 782-4283 or e-mail 8fw.taxcenter@kunsan.af.mil.

Leadership program The Department of Defense is looking for a minimum of two Air Force nominees, who are majors, to participate in the 2004 Executive Leadership Development Program. This program is designed specifically for highly motivated, active-duty officers who have demonstrated outstanding leadership ability, commitment to public service, integrity, and have an interest in moving into senior management positions. To be eligible, officers must be in the grade of major and have completed Squadron Officer School and intermediate Developmental Education, either in-residence or by correspondence or seminar. Applications are due no later than Feb. 15. For more information, visit www.afpc.randolph.af.mil/pme. call the military personnel flight's customer service section at 782-5276.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

Chili cook off

The Airman's Advisory Council sponsors a chili cook off Saturday at noon in the Falcon Community Center. The top prize is \$75. The entry fee is \$10 for a team of three people. People will also get the opportunity to have their photo taken with Santa. For more information, call Senior Airmen Jillian Sasser at 782-7228 or Keyonna Crawford at 782-7130.

Christmas Tree Lighting

The 8th Fighter Wing Christmas tree lighting ceremony is Wednesday next to building 755. Christmas carols will be sung between 6 to 6:30 p.m.; Santa arrives between 6:30 and 6:40 p.m.; and the tree lighting is between 6:40 and 7 p.m.

Birthday meal

The O'Malley Inn Dining Facility hosts the December birthday meal Dec. 14 at 6:15 p.m. Sign up by Dec. 12 at 7:30 p.m. For more information, call Staff Sgt. Candy Williams at 782-5160 or 782-5538.



Solutions for Nov. 28
Happy Thanksgiving

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

From 'Fit 2 Win' to 'Fit To Fight'

HICKAM AIR FORCE BASE, Hawaii — In keeping with the Air Force Chief of Staff's vision to "be ready" by Jan. 1, Pacific Air Forces Services will discontinue the current Fit 2 Win program and launch its next generation fitness incentive program, Fit To Fight.

Fit To Fight will have more challenging gates, new recognition awards, and most importantly, improved tracking system made possible by FitLinxx.

FitLinxx tracking software and equipment have been installed at all main fitness centers in PACAF. When a person enters their PIN on a piece of equipment in the FitLinxx system, their prescribed workout will be displayed and their routine will be tracked.

The Fit 2 Win program and Web site will close to all main operating bases Dec. 31. Fit 2 Win points will not be transferred to the Fit To Fight program, however, for those already enrolled in

FitLinxx, all points earned before Jan. 1, will be credited toward the new Fit To Fight incentives.

People participating in the Fit To Win program should contact their fitness center to receive their awards no later than Jan. 30.

For geographically separated units at Diego Garcia, Paya Lebar, and Taegu, the Fit 2 Win Web site will remain operational for individuals to track their progress.

Enrollment in the Fit To Fight program is free and open to all personnel assigned to PACAF. To register, active duty and civilians must contact their unit fitness representative. Family members and retirees must contact the fitness center staff.

Please direct Fit To Fight questions or other fitness related issues to PACAF's central fitness hotline at PACAF.Fitness@hickam.af.mil.

For more information, call the fitness center at 782-4026.

Courtesy of Pacific Air Forces News Service

SPORTS SHORTS

Chief of staff fun run

The health and wellness center and fitness center's chief of staff of the Air Force 1.5 mile fun run is Mondays. Runners meet at 5:30 p.m. on the service road behind the fitness center.

Kickboxing Aerobics

The fitness center offers aerobic kickboxing classes every Monday, Tuesday and Friday at 5 p.m. at the fitness center. For more information, call 782-4026.

Spinning instructors needed

The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.

Babies help parents workout

By Airman 1st Class Susan Stout
56th Fighter Wing Public Affairs

LUKE AIR FORCE BASE, Ariz. — Balancing a career, family and fitness program is not always easy.

A training routine, created by fitness trainer Mindy Mylrea, may help new parents get fit and spend quality time with their babies.

The routine is designed for mothers and fathers with a 20- to 30-pound baby and should be done twice a week for about an hour. Instead of hoisting weights, parents use their child.

"The exercises will keep you fit and feeling good while giving you time to connect with your baby," Mylrea said. "As you do each move, make eye contact with your baby and talk to him or her throughout the workout."

"This routine is good especially for people like me, a mom who works full

time, so we don't have to take more time away from our baby to go to the gym," said Debbie Diveney, of the 56th Services Squadron. "This allows parents to have quality time while getting a workout."

The following are ways a child can help parents get fit:

— Piggyback squat: Let the baby climb onto your back, wrapping his or her hands around your neck and legs around your waist. Hold onto the child's arms. Stand with your feet hip-width apart, keeping your abdomen tight and back straight. Slowly bend your knees to lower yourself until your thighs are as close to parallel with the ground as you can get. Make sure your knees do not extend past your toes. Straighten your knees to return to starting position. Perform one to two sets of eight to 12 repetitions.

— Quadricep lift: Sit in chair with feet together, holding onto the sides of the chair with your hands. Have your baby sit on your feet, facing you and holding onto

your calves. With abs tucked in, slowly straighten your legs to lift your feet and your baby off the ground. Hold for one count; then bend your knees to lower your feet back to the floor. Perform one to two sets of eight to 12 reps.

— Calf raise: Sitting in a chair with feet placed together on the floor, put your baby on your lap facing you and hold him or her around the waist. Raise your heels off the floor until the baby's weight is on the balls of your feet. Hold for one count; then return to starting position. Perform one to two sets of eight to 12 reps.

— Overhead press: Stand with your feet about hip-width apart, keeping your abs tight and back straight. Bending your knees, pick your baby up off the floor, and lift him or her over your head, straightening your legs as you extend your arms. Be careful not to lock your knees or elbows. Bend your elbows and knees to lower your baby to chest level. Perform one to two sets of eight to 12 reps.



Photo by Staff Sgt. Chuck Walker

Cheer

Three-year-old Melissa Cromwell is lifted high by fellow Vandenberg Flyers cheerleaders while performing in the pre-game show for the L.A. Clippers basketball team recently.

Bowling marathon

The Yellow Sea Bowling Center has a 24-hour bowling marathon Dec. 27. Wolf Pack members could win at new Ford Focus for bowling a 300 game.

Sunday spin class

The fitness center offers a spin class Sundays at 4 p.m. in the score house of the softball field.

Soccer players needed

Wolf Pack soccer players are needed. Practice is 6 to 8 p.m. Wednesday at the soccer field and 7 to 9 p.m. Sundays in the fitness center. Games are held Saturday and Sunday at the soccer field. For more information, call Tech. Sgt. Timothy Fearney at 782-5274 or Staff Sgt. Danny Hidalgo at 782-0063.

Flag football

The fitness center has a basketball tournament Dec. 26 at 10 a.m. The tournament is a half-court sweepstakes and Wolf Pack members may have the chance to win a Ford Focus.

Fitness center annex

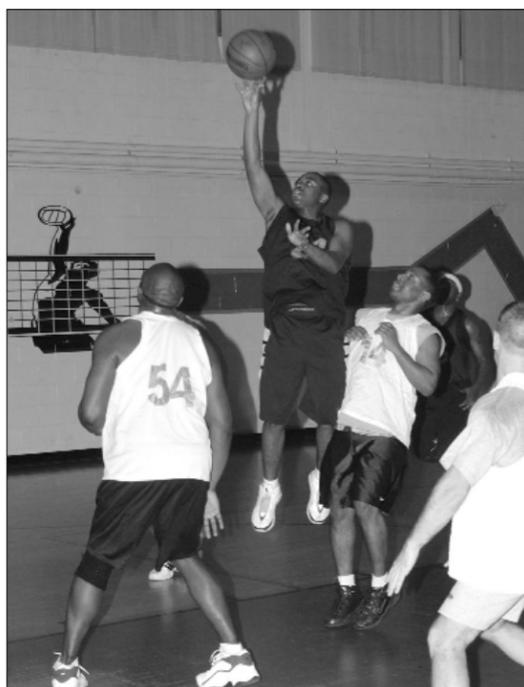
The fitness center annex, located in building 1104 behind the mini-mall, is open from 5 to 8 a.m. and 4 to 6:30 p.m. Monday through Friday. The annex is also available for unit physical training by appointment during other hours. The annex features a variety cardiovascular equipment.

Intramural basketball season begins: LRS vs. MSS



Photos by Staff Sgt. David Miller

BASKETBALL: Jerry Watson, number 54, 8th Logistics Readiness Squadron, lays up two points as Giovannis Anderson number 4, defends and Michael Hall, number 52, 8th Mission Support Squadron, posts up for the rebound.



MSS WINS: Reginald Chatman, number 24, 8th Comptroller Flight, shoots up two points for the 8th Mission Support Squadron as members of 8th Logistics Readiness Squadron try to defend him. 8th MSS beat out 8th LRS 47-38.

Like sports?

What about writing?

If the answer to both questions is 'Yes,' the public affairs office needs you to write one sports story a week, highlighting a variety of sports, for the *Wolf Pack Warrior*. If interested, call the public affairs office at 782-4705.

SCORES & MORE

BOWLING

American League		
	W	L
BIO	50	22
LRS A	46	26
Wing Dings	44	28
SFS A	42	30
CE-C	42	30
CE-1	38	34
MXS ARM 1	38	34
Pitching Tens	38	34
MXS FUEL A	36	36
8th SVS	36	36
MSS Safety	34	38
Comm A	32	40
CPTS A	32	40
LRS Hyphenators	28	44
Kwang Ju	22	50
Echo Btry	14	58

Information current as of Nov. 19

National League

	W	L
AMXS Cobra A	50	22
Ammo	48	24
LRS C	48	24
MXO	48	24
CE 2	44	28
CPTS B	40	32
SFS B	40	32
Comm B	40	32
SFS C	34	38
Lane Waxers	34	38
MXS Fuel 2	30	42
CE 4	30	42
LRS B	26	46
Gate Keepers	26	46
BYE	20	52
Command Post	16	56

Information current as of Nov. 20

INTRAMURAL BASKETBALL

	W	L
LRS	1	1
Army	1	0
AMXS A	1	0
OSS	1	0
SVS	1	0
MDG	1	0
SFS	0	1
CES	0	1
MSS	0	1
MXS B	0	1
AMXS B	0	1

Information current as of Tuesday

New tee time policy

United States active-duty military and Department of Defense civilians assigned to Kunsan Air Base may reserve tee times Monday at 9 a.m. for the following weekend. Everyone else may reserve at tee time Wednesday at 9 a.m.



Fitness center hours

Monday to Friday
4:30 a.m. to midnight

Weekends, holiday
and down days
8 a.m. to midnight

CSAF's Fitness Challenge: Week 14

Capt. Lisa Bader
8th Medical Operations Squadron

This series of articles has been designed to help the Wolf Pack reach the Chief of Staff's fitness goals and maintain the health of the Wolf Pack. Much of the focus has been on physical health but this article focuses on psychological health, specifically managing stress, which is also a part of creating a healthy lifestyle.

What is stress? Stress is the reaction — physical and psychological — to a change or demand. Many people think of stress as always "bad," but it is simply a consequence of everyday life and can be a reaction to either positive or negative change. The CSAF Fitness Challenge could be a positive motivator to start that exercise program and lose those 10 pounds, or it can be seen as negative, "one more thing I now have to do." Often the reaction to a stressor has more to do with how a person thinks about the situation than with the situation itself.

Stress management is the skill of regulating personal reactions to the environment and keeping emotional reactions within a moderate range. Practicing healthy habits in daily life can help attain this. The following healthy habits may sound familiar if you've been reading the previous articles in this series. Eat a well balanced diet and maintain a healthy weight. If you choose to drink alcohol, drink only in moderation. If you are becoming stressed or sad, avoid it completely for the time being. Sleep six to eight hours each night. Stop smoking, and maintain regular health check ups.

The final healthy habit to help combat stress to be discussed is the focus of this entire series — exercise and fitness. Exercise is one of the great stress relievers. Most people recognize that exercise can serve as a physical outlet for anger and hostility, decrease boredom and help regulate sleep but there's more. Exercise also helps the human body remove the by products of the stress response; this response is based on centuries of "fight or flight" but today's stresses tend to leave us sitting instead of running or fighting. Exercise gets us moving and simulates the fighting or running dictated by the fight or flight phenomenon. One final benefit of exercise is the so-called "runner's high." This is the positive mood state associated with frequent exercise believed to be caused by increased endorphins released during physical activity of twenty minutes or more.

Exercise is just one tool that will help you manage stress instead of stress managing you. If these healthy habits are

CSAF FITNESS CHALLENGE WORKOUTS, WEEK 14:

For those of you doing some resistance training on the FitLinxx workout system. Do three resistance training workouts this week. Monday: Three sets of 15 repetitions, Wednesday: Two sets of 10 repetitions, Friday: Three sets of 15 repetitions. Sixty seconds rest between sets.

Beginners:

You have moved to the intermediate level. The below exercise is from week four's intermediate program.

Three workouts this week, all of which will be at an easier intensity to give your body a little rest.

Monday: Thirty minute cross-training workout at 60-70 percent of target heart rate.

Wednesday: Thirty minute run at 60 to 70 percent THR.

Friday: Thirty minute cross-training workout at 60 to 70 percent THR.

Intermediate: Three workouts this week

You have moved to the advanced level. The below exercise is from week four's advance program. You're going with an easier intensity.

Monday: Forty-five minute cross training at 60 to 70 percent THR.

Wednesday: Thirty minute run at 60 to 70 percent THR.

Friday: Forty-five minute cross-training at 60 to 70 percent THR.

Advanced: Four to five days a week

It is time to let you develop your own program. Continue a four to five days a week program with at least one to two of those days consisting of cross training. Vary our intensity and time. Adjust your program to your comfort level.

For more information, call the health and wellness center at 782-4305.

not enough to help overcome daily stresses talk to a friend, a chaplain or call life skills support center at 782-4562.



Photos by Master Sgt. Greg Scott



RUNNING FOR THEIR DINNERS: (Above) Thirty-six members of the Wolf Pack participated in the Turkey Trot five-kilometer and 10-kilometer fun runs held Nov. 27. (Left) Lt. Col. Dave Dales, 8th Fighter Wing staff judge advocate, dressed as "Dr. Atkins" picks carbohydrates off of Lt. Col. Cori Culver, 8th Medical Support Squadron commander, during the Turkey Trot. People who wore costumes for the race had a chance to win services bucks. All runners received a T-shirt. The next scheduled fun run is the Jingle Bell fun run Dec. 25 at 9 a.m. People who sign up get a free T-shirt. For more information or to register, call the fitness center at 782-4026.

Thanksgiving eve



Photos by Senior Airman Araceli Alarcon

POOL SHARK: Airman 1st Class Amelia Harvey, 8th Aircraft Maintenance Squadron, shoots pool at the Loring Club Nov. 26. The Loring Club offered pool and darts tournaments, free food and Karaoke to celebrate Thanksgiving eve.



DARTS: Staff Sgt. John Evy, 8th Maintenance Squadron, plays darts in a tournament held at the Loring Club Nov. 26.



SLIM: Staff Sgt. Robert Schneider, 8th Services Squadron, plays pool at the Loring Club Nov. 26.



MORE DARTS: Staff Sgt. Ben Phillips, 8th MXS, plays darts against Sergeant Evy at the Loring Club Nov. 26. The dart tournament was held as part of the Loring Club's Thanksgiving Eve.